

**SYNVISIC®**  
HYLAN G-F 20



Nancy Lopez  
Hall of Fame  
Professional Golfer  
and SYNVISIC Recipient

## Discover Osteoarthritis Knee Pain Relief

Less pain and easier movement are possible

with **SYNVISIC®**  
HYLAN G-F 20

**"Hi, I'm Nancy Lopez. This guide tells you about SYNVISC and how someone with osteoarthritis knee pain can benefit from this treatment. I know about this benefit firsthand because I found relief from my osteoarthritis knee pain with SYNVISC.**

"Golf has given me a wonderful career, including my induction into the Hall of Fame. Finding knee pain relief with SYNVISC helped extend my career. This relief made me feel better and helped me improve my overall attitude toward life!

"I found knee pain relief because a wonderful doctor suggested that I try SYNVISC. SYNVISC was a turning point in my life. Your doctor can answer questions you may have about SYNVISC and osteoarthritis in general.

"If your knee pain specialist decides that SYNVISC is right for you, SYNVISC may help relieve your knee pain. It sure worked for me."

**SYNVISC® (Hylan G-F 20) may be the treatment option you've been looking for.**

Osteoarthritis is the most common form of arthritis. If you (or someone you know)

live with osteoarthritis of the knee, you have, most likely, experienced pain and limited movement. Fortunately, there are treatment options that can help you lead a more normal life. Chances are you already know about some of those options. In addition, there is a novel treatment you might not have heard about: SYNVISC.

## How does a knee with osteoarthritis differ from a healthy knee?

In a normal, healthy knee joint there is a fluid that acts as both a cushion and a lubricant. In a knee with osteoarthritis, however, this fluid loses these features, and the cartilage at the ends of the bones wears down. The lining of the joint may become irritated. For these reasons, you (or someone you know) may feel pain in the knee.

**"Over the years, my knee wore down. I had so much pain, I had to use a brace."**



## What is SYNVISC® (Hylan G-F 20)? How does it work?

SYNVISC is an FDA-approved therapy that has already been administered to more than 1 million knees in the U.S.A. It is like lubrication for your knee. It also acts as a kind of "shock absorber" to cushion the knee joint. SYNVISC can reduce pain in your knee, and as a result you may be able to return to a more comfortable, active life.

SYNVISC is a treatment that requires no pills. It is made from a substance that is found in normal, healthy joint fluid. This substance gives joint fluid its shock-absorbing quality. SYNVISC is similar to healthy, young joint fluid in that it absorbs shock as well as the fluid in an 18- to 27-year-old knee joint. A successful course of treatment with SYNVISC replenishes damaged fluid found in a knee with OA. This improves the shock-absorbing quality of the fluid in your knee, which can help relieve your pain.

## How do I get SYNVISC?

It is available only from a doctor who knows about giving SYNVISC injections. If your doctor is not a SYNVISC provider, he or she can refer you to one who is. Or, you can call 1-888-615-5992 or visit our Web site ([www.synvisc.com](http://www.synvisc.com), and click on the map of the United States) for a list of SYNVISC providers near you.

## **Is SYNVISC covered by insurance plans?**

SYNVISC is usually covered by Medicare and most insurance plans. Many plans require that your doctor supply SYNVISC through his or her office. If your doctor does not provide SYNVISC and he or she writes a SYNVISC prescription for you, some insurance plans, including Medicare, may not cover the cost. Therefore, it is recommended that you ask your doctor if his or her office can supply SYNVISC. Procedures vary from policy to policy, so please check with your doctor and/or your insurer. If you have additional questions about insurance coverage, please contact the SYNVISC Reimbursement Hot Line at 1-800-982-8292. This toll-free number can be accessed between 9:00 AM and 6:00 PM, Eastern Time, Monday through Friday.

## **How is SYNVISC given?**

Your doctor should give you 3 injections of SYNVISC directly into your knee joint, 1 week apart, over a 15-day period.

## **How long do the benefits of SYNVISC last?**

Successful treatment may reduce or stop the pain in your knee for up to 6 months. Many patients experience some relief after the first injection of SYNVISC. In clinical

studies, the most pain relief and the greatest amount of treatment success occurred 8 to 12 weeks after SYNVISC treatment began. Be sure to let your physician know when you begin to feel better.

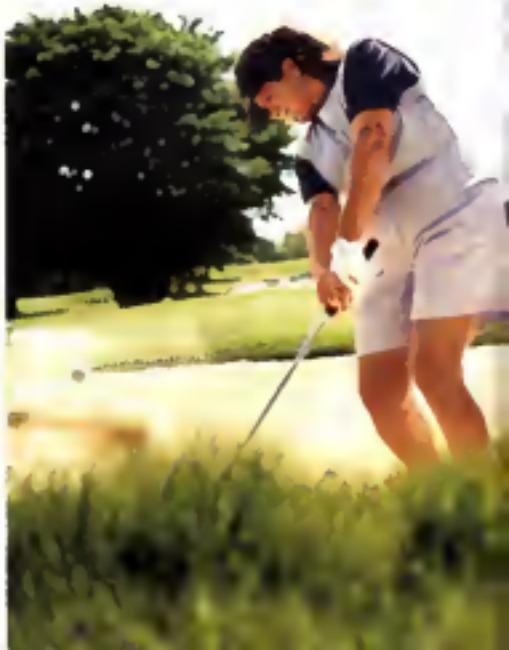
## Do I have to go back to the doctor for the second and third injections?

Yes. You will need to receive all 3 injections to get the full benefit of one course of SYNVISC therapy.

## Is SYNVISC® (Hylan G-F 20) a cure for osteoarthritis of the knee?

No. It is a treatment for pain of osteoarthritis of the knee. It is not a cure. Successful treatment can reduce pain in your knee, and less pain should allow you to have a higher level of activity. An increase in activity can strengthen your leg muscles, which in turn will provide additional support for your knee.

**"It seems like I'd had knee pain for as long as I could remember. With SYNVISC, I found knee pain relief."**



## What are the benefits of treatment with SYNVISC?

Successful treatment with SYNVISC can reduce or relieve pain in your knee, and less pain should help you move better. Successful treatment may allow you to once again enjoy many of the things you liked to do before your condition got in the way.

## Does SYNVISC work for everyone?

As with other osteoarthritis therapies, SYNVISC does not work for everyone. In general, SYNVISC works better for patients with less severe disease. In a medical study, it was shown that SYNVISC provided effective OA knee pain relief for 91% of patients with the mildest stage of OA of the knee and for 58% of patients with the most advanced stage. Those with less severe OA of the knee had the best results with SYNVISC. Therefore, it is important that you and your doctor consider SYNVISC treatment early on. However, it is also important to note that even for people with severe cases of OA of the knee SYNVISC may still be able to provide pain relief.

## Are there side effects?

Because it is injected directly into the knee joint, you may feel some discomfort after

the treatment. Temporary pain, swelling, and/or fluid accumulation in and around the joint may occur after a SYNVISC injection (about 2% of injections given in medical studies used to approve the product in the U.S.). These symptoms usually go away within a few days. Simple treatments (rest, ice) are usually enough to provide relief, if needed. In some cases, the fluid accumulation may be large and can cause pronounced pain. *In these cases or if you notice any other problems, please discuss them with your doctor.* The occurrence of these side effects does not necessarily affect treatment outcome. The results of repeat use have not been established. Please see the Patient Information provided in this booklet for a list of possible side effects.

## Can I take medications while on SYNVISC® (Hylan G-F 20) therapy?

Yes. Since it is given right into the knee joint, it is unlikely to interfere with any medicine you take. This includes pain relievers. You should, however, always tell your doctor about any medicine(s) you take.

## Should I reduce physical activity while receiving injections of SYNVISC?

You should avoid strenuous or prolonged weight-bearing activities such as jogging, tennis, heavy lifting, and standing on your

feet for long periods for the first 24 hours after treatment. If you have pain after the injection, you may want to ice your knee. With your doctor's advice, you can resume activities such as walking or other knee-strengthening exercises.

## How do I know if SYNVISC is right for me?

SYNVISC may be the right treatment for many people who live with osteoarthritis knee pain, and for whom simple nonprescription painkillers such as acetaminophen are no longer effective. Viscosupplements, such as SYNVISC, are included in the American College of Rheumatology's current recommendations for the standard of care for the treatment of osteoarthritis of the knee. Before you begin your treatment with SYNVISC, advise your doctor if you are allergic to products from birds, such as feathers, eggs, or poultry, or your leg is swollen or infected. Discuss SYNVISC and other treatments with your doctor or health care provider. At that time, together, you can decide if SYNVISC is right for you. *If your doctor does not currently administer SYNVISC, ask him or her for a referral to a doctor who does, one who can determine if SYNVISC may be right for you.* Call 1-888-615-5992 or visit our Web site ([www.synvisc.com](http://www.synvisc.com), and click on the map of the United States) for a list of providers near you.

## How can I find out more about SYNVISC® (Hylan G-F 20)?

To learn more about SYNVISC, ask your doctor, visit our Web site at [www.synvisc.com](http://www.synvisc.com), and click on the map of the United States, or call 1-800-99WYETH.

**"Now that you've read this brochure, I urge you to take the next important step in finding knee pain relief. Don't wait. Like I did, you too may find knee pain relief. It's so simple. Just call your knee pain specialist today to see if SYNVISC therapy may be right for you."**



Please be sure to read the important Patient Information at the back of this booklet.

## How bad is your knee pain? Take this self-assessment quiz.

If you have a persistent problem with knee pain, please complete this questionnaire and discuss it with your doctor.

Do you find walking or climbing stairs uncomfortable?

Yes    No

If yes, how many minutes can you walk before pain makes you uncomfortable?

- Less than 2 minutes
- Between 3 and 5 minutes
- 6 to 9 minutes
- 10 to 15 minutes
- More than 15 minutes

Does your knee pain limit your mobility?

Yes    No

Do you find your knee pain influencing your choice of leisure activities and vacations, and does it keep you from the things you like to do?

Yes    No

How would you classify your knee pain?

- Generally mild: the pain is infrequent and manageable, and I can go about life
- Mild to moderate: I can do things, but I have a certain degree of pain
- Moderate to severe: pain on a daily basis that severely limits my activities and the things I want to do
- Severe: the pain drastically limits my activities and makes routine functions, like walking and climbing stairs, very difficult

Has your knee pain been getting worse over the past few months?

- Yes
- No

Do you take any medications to relieve the pain?

- Yes
- No

If yes, do you take

- Nonprescription pain relievers such as ibuprofen, acetaminophen, aspirin, or naproxen
- Prescription pain-relieving medication
- Other therapies (Please specify: \_\_\_\_\_)

Have you discussed your pain condition with your doctor or other health care provider?

- Yes    No

If you take prescription painkillers for your knee pain, how satisfied are you with their results:

- Very satisfied
- Somewhat satisfied
- Neither satisfied nor dissatisfied
- Somewhat dissatisfied
- Very dissatisfied

Have you been inconvenienced by the side effects of your prescription painkillers for your knee pain?

- Very inconvenienced
- Somewhat inconvenienced
- Not at all inconvenienced

Have you been told that you have osteoarthritis?

- Yes    No

## PATIENT INFORMATION

# SYNViSC® HYLAN G-F 20

### WHAT IS SYNViSC?

Synvisc is a viscous and elastic sterile mixture that is made up of hylan A fluid, hylan B gel, and salt water. The two hyalans are manufactured from hyaluronan (sodium hyaluronate) that comes from chicken combs. Hyaluronan is a natural chemical found in the body and is present in a particularly high amount in joint tissues and in the fluid that fills the joint. The body's own hyaluronan acts like a lubricant and a shock absorber in the joint, and is needed for the joint to operate properly. In osteoarthritis, there may not be enough hyaluronan, and there may be a change in the quality of the hyaluronan in joint fluid and tissues.

Synvisc is available in 2.25 mL pre-filled syringes containing 2 mL of Synvisc. Synvisc is given in a shot directly in your knee.

### WHAT IS SYNViSC USED FOR?

Synvisc is used to relieve knee pain due to osteoarthritis. It is used for patients who do not get adequate relief from simple painkillers or from exercise and physical therapy.

### WHAT ARE THE BENEFITS OF SYNViSC?

Two studies involving a total of 132 patients who were at least 40 years old and who had knee pain due to osteoarthritis were performed in Germany. The patients were placed in one of two groups. One group was given an injection of Synvisc into one or both knee joints once a week for 3 weeks. The second group was given an injection of salt water once a week for 3 weeks. Joint pain and patients' and physicians' ideas of the success of treatment were measured for 26 weeks. Patients with osteoarthritic knee joint pain, who had not obtained pain relief with other medications, experienced pain relief from the Synvisc injections into the knee joint. Patients who had been given Synvisc experienced more pain relief than patients who had received salt water.

Some pain relief occurred within the first week after Synvisc treatment began. The most pain relief and the greatest amount of treatment success occurred 8 to 12 weeks after Synvisc treatment began.

A study in the United States evaluated 90 patients who were at least 40 years old and who had knee pain due to osteoarthritis. Patients improved after Synvisc treatments, but not significantly more than those who simply had a needle inserted into the knee to have fluid removed if any was present. This study was different from the German studies because the last comparison between Synvisc and control was only two weeks after the last Synvisc injection. It also differed in several other ways, including the length of time that patients had to stop taking medications before they could start treatment. This length of time was two weeks in the German studies and four weeks in the U.S. study.

### WHAT OTHER TREATMENTS ARE AVAILABLE FOR OSTEOARTHRITIS?

If you have osteoarthritis, there are several things you can do that do not involve Synvisc injections. These include the following:

#### Non-drug treatments

- avoiding activities that cause pain in your joints
- exercise
- physical therapy
- removal of excess fluid from the knee

#### Drug therapy

- painkillers such as acetaminophen and narcotics
- drugs that reduce inflammation, such as aspirin and other nonsteroidal anti-inflammatory agents (NSAIDs) such as ibuprofen and naproxen
- corticosteroids that are injected directly into the joint.

## **ARE THERE ANY REASONS WHY YOU SHOULD NOT TAKE SYNVISC?**

- You should not take this product if you have had any previous allergic reaction to Synvisc or hyaluronan products.
- You should not have an injection into the knee if you have a knee joint infection or skin diseases or infections around the injection site

## **THINGS YOU SHOULD KNOW ABOUT SYNVISC:**

- Synvisc is only for injection into the knee, performed by a qualified health care professional.
- Consult your physician if you are allergic to products from birds such as feathers, eggs, and poultry.
- The packaging of this product contains dry natural rubber latex.
- After you receive the injection, you may need to avoid activities such as jogging, tennis, heavy lifting, or standing on your feet for a long time.
- The safety and effectiveness of repeat treatment cycles of Synvisc have not been established.
- Synvisc has not been tested in pregnant women, or women who are nursing. You should tell your doctor if you think you are pregnant, or if you are nursing a child.
- The safety and effectiveness of Synvisc have not been shown in children.

## **POSSIBLE COMPLICATIONS:**

- Side effects sometimes seen when Synvisc is injected into the knee were pain, swelling, heat, redness, and/or fluid accumulation around the knee joint. These reactions were generally mild and did not last long, but sometimes fluid accumulation was considerable and painful; cases where the swelling is extensive and painful should be discussed with your physician.
- The reactions were generally treated by giving oral analgesics such as acetaminophen or by giving oral NSAIDs or injections of steroids, or by removing fluid from the knee joint. Patients have rarely undergone arthroscopy and other procedures.
- Rare cases of joint infection have been reported after Synvisc injections.
- Rashes, hives and itching have been reported to occur in patients after they have received Synvisc injections. You should tell your doctor before you are given Synvisc if something like this has ever happened to you after receiving an injection of Synvisc or other hyaluronan products.
- Other less common events reported have been: muscle pain/cramps, facial flushing and/or swelling, rapid heartbeat, nausea, dizziness, fever, chills, headache, difficulty breathing, swelling of the limbs, prickling in body and rare cases of low platelet counts.
- If any of the above symptoms or signs appear after you are given Synvisc, or if you have any other problems, you should call your doctor.

## **HOW IS SYNVISC GIVEN?**

Your doctor will give you your injection of Synvisc (16 mg/2 mL) into your knee once a week, for a total of three injections.

### **DISTRIBUTED BY:**

Wyeth-Ayerst Pharmaceuticals  
Philadelphia, Pennsylvania 19101  
Telephone: 1-800-99-WYETH  
Fax: (610) 964-5999

### **DEVELOPED AND MANUFACTURED BY:**

Genzyme Biosurgery  
a division of GENZYME CORPORATION  
1125 Pleasant View Terrace  
Ridgefield, New Jersey 07657

## **HOW CAN I GET MORE INFORMATION ABOUT SYNVISC?**

If you have any questions or would like to find out more about Synvisc, you may call Wyeth-Ayerst Pharmaceuticals, at 1-800-99-WYETH or fax (610) 964-5999.

Synvisc® is a registered trademark of Genzyme Biosurgery,  
a division of GENZYME CORPORATION.

Synvisc® is covered by U.S. patents.

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## **Osteoarthritis Information Resources:**

### **Arthritis Foundation**

1330 West Peachtree Street  
Atlanta, GA 30309  
(800) 283-7800  
<http://www.arthritis.org>

### **Arthritis National Research Foundation**

200 Oceangate, Suite 400  
Long Beach, CA 90802  
(800) 588-CURE (2873)  
E-mail: [anrf@ix.netcom.com](mailto:anrf@ix.netcom.com)

### **National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS)**

National Institutes of Health  
NIAMS Circle  
Bethesda, MD 20892-3675  
(301) 495-4484  
(877) 22-NIAMS (toll free: 877-226-4267)  
E-mail: [niamsinfo@mail.nih.gov](mailto:niamsinfo@mail.nih.gov)

**For more information, log on to our Web site at  
[www.synvisc.com](http://www.synvisc.com), and click on the map of the U.S.**

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